

# Alumni & Discovery Classes - September 2018



Class begins at:	Monday	Tuesday	Wednesday	Thursday	Friday
	9/3	9/4	9/5	9/6	9/7
9:00		9:15 Tabata Time!	Time Management or Move to Soothe	Wellness Workout	Dance of Wellness or Digging Wellness
10:00		Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00		Occupational Dimension & Lunch	Wellness Workout & Lunch	Nutrition & Lunch	Tool Time & Lunch
1:00		Writing for Wellness	<i>Be Awesome</i>	Cenpatico Member Advisory Council	Social Activity
2:00		Wii!			Art of Wellness
	9/10	9/11	9/12	9/13	9/14
9:00	Coffee Talk	9:15 Tabata Time!	Time Management or Move to Soothe	No Alumni or Discovery Classes  Camp 49 Jubilation Celebration at 3:30	Camp closed for staff training
10:00	Move to Soothe	Cooking Skills	Cooking Skills		
11:00	Financial Dimension & Lunch	Occupational Dimension & Lunch	Wellness Workout & Lunch		
1:00	Health Ed	Writing for Wellness	<i>Use Kind Words</i>		
2:00	Mindful Drumming	Wii!			
	9/17	9/18	9/19	9/20	9/21
9:00	Coffee Talk	9:15 Tabata Time!	Computer Skills or Move to Soothe	Wellness Workout	Dance of Wellness or Digging Wellness
10:00	Move to Soothe	Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00	Financial Dimension & Lunch	Occupational Dimension & Lunch	Wellness Workout, Lunch & Advisory Council	Nutrition & Lunch	Tool Time & Lunch
1:00	Breaking Free	Writing for Wellness	<i>Work Hard</i>	Spiritual Dimension	Social Activity
2:00	Mindful Drumming	Wii!		Computer Skills	Art of Wellness
	9/24	9/25	9/26	9/27	9/28
9:00	Coffee Talk	9:15 Tabata Time!	Wellness Retreat 8:30am-5:45pm	Wellness Retreat 8:30am-5:45pm	Wellness Retreat 8:30am-2:45pm
10:00	Move to Soothe	Cooking Skills			
11:00	Financial Dimension & Lunch	Wellness Retreat 11am-5:45pm			
1:00	Health Ed				
2:00	Mindful Drumming				
5:45					

Lunch is available for those participating in the 11AM classes. All activities are at Camp Wellness unless otherwise noted. Schedule is subject to change. Building hours are 8:30-3:30 Monday-Friday except Wednesdays 8:30-1:30. 1030 N. Alvernon Way Tucson, AZ 85711, 520-396-2310, campwellness.org

